



RH Healthy Living

HOME SAFETY CHECKLIST: DETECTING FALL HAZARDS

The following list will help you identify fall hazards. Once a fall hazard is identified, it should be eliminated or reduced. Read each question and score **one point for each No answer.**

Housekeeping

- Do you clean up spills as soon as they occur?
- Do you keep floors and stairways clean and free of clutter?
- Do you put away books, magazines, sewing supplies and other objects as soon as you are through with them rather than leave them on the floors or stairways?
- Do you store frequently used items on shelves that are within easy reach?

Floors

- Do you keep everyone from walking on freshly washed floors before they are dry?
- Do all small rugs have nonskid backing?
- Have you eliminated small rugs at the top and bottom of stairways?
- Are all carpet edges tacked down?
- Are rugs and carpets free of curled edges, worn spots, and rips?
- Have you chosen rugs and carpets with short, dense pile?

Bathroom

- Do you use a rubber mat or non-slip decals in the tub and shower?
- Do you have a grab bar securely anchored over the tub or on the shower wall?
- Do you have nonskid rugs on the bathroom floor?
- Do you keep soap in an easy-to-reach receptacle?

Subtotal Page 1 No Answers _____

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(c o n t i n u e d)

Traffic Lanes

- Can you walk across every room in your home and from one room to another without detouring around furniture?
- Is the traffic lane from your bedroom to the bathroom free of obstacles?
- Are telephone and appliance cords kept away from areas where people walk?

Lighting

- Do you have light switches near every doorway?
- Do you have a lamp or light switch within easy reach from your bed?
- Do you have a night-light in your bathroom and hallway leading to your bathroom?
- Are all stairways well lighted?
- Do you have light switches at both the top and bottom of stairways?

Stairways

- Do securely fastened handrails extend the full length and each side of the stairs?
- Do rails stand out from the walls so you can get a good grip?
- Are rails distinctly shaped so you are alerted when you reach the end of the stairway?
- Are all stairways in good condition -- no broken, sagging, or sloping steps?
- Are all stairway carpeting and metal edges securely fastened and in good condition?

Ladders and Step Stools

- Do you have a sturdy step stool that you use to reach high cupboard and closet shelves?
- Are ladders and stepstools in good condition?
- Do you always set up a ladder or step stool that is tall enough for the job?
- Do you always set up your ladder or step stool on a firm, level base that is clutter free?
- Before using a ladder or step stool, do you ensure it is fully opened and locked?
- When using a ladder or step stool, do you face the steps and keep your body centered?
- Do you avoid standing on top of a step stool or climbing beyond the second step from the top of the ladder?

Subtotal Page 2 _____

HOME SAFETY CHECKLIST: DETECTING FALL HAZARDS

(c o n t i n u e d)

- Are walks and driveways in your yard and other areas free of breaks or cracks?
- Are lawns and gardens free of holes?
- Do you put away garden tools and hoses when they are not in use?
- Are outdoor areas kept free of rocks, loose boards, and other tripping hazards?
- Do you keep outdoor walkways and steps free of wet leaves and snow?
- Do you use deicers on outdoor walkways and steps as soon as possible after snowfall or freezing conditions?
- Do you have mats at the doorways for people to wipe their feet?
- Do you know the safest way of walking when you cannot avoid a slippery surface?

Footwear

- Do your shoes have soles and heels that provide good traction?
- Do you wear house slippers that fit well and do not fall off?
- Do you avoid walking in stocking feet?
- Do you wear low-heeled shoes or sneakers when working in the house or yard?
- Do you replace shoes when the soles or heels are worn too smooth to keep from slipping on wet or icy surfaces?

Personal Precautions

- Are you always alert for unexpected hazards, like out-of-place furniture?
- When grandchildren visit, are you alert for them playing on the floor and leaving toys in your path?
- If you have pets, are you alert for sudden movements across your path and pets getting under your feet?
- When you carry bulky objects, do you ensure they do not obstruct your vision?
- Do you divide large loads into smaller loads whenever possible?
- When you reach or bend, do you hold onto a firm support and avoid throwing your head back or turning too far?
- Do you use a ladder or step stool to reach high places and never stand on a chair?

Subtotal Page 3 _____

HOME SAFETY CHECKLIST: DETECTING FALL HAZARDS

(c o n t i n u e d)

- Do you avoid rushing to answer the telephone or doorbell?
- Do you take time to get your balance when you change position in the tub or shower?
- Do you hold onto grab bars when you change position in the tub or shower?
- Do you keep yourself in good condition with moderate exercise, good diet, and regular medical checkups?
- Do you know how to reduce injury in a fall?
- If you live alone, do you have daily contact with a friend or neighbor?

Subtotal Page 4 _____

Total Score _____

SCORING:

1 – 7 Excellent: You have reduced your risk of falls in the home

8 – 14 Good: Some modifications should be made to decrease your risk of falls in the home

15 and Higher Hazardous: Numerous modifications required to decrease your risk of falls in the home